

The Telegram

## 10 Mile Road Race July 22, 2018

## **Achievement Certificate**

awarded to

## **Rick McDonald**

55-59 / 132 of 138

2:15:00 / 2:17:38 M: 1482 / Race: 3366

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm